

# D7

Engineering/  
Operations/ Pavements and Equipment/  
Readiness/Security Forces/  
Vehicle Operations



July 2006

BIRTHDAYS

Happy Birthday  
to all  
Detachment  
Personnel  
celebrating  
a birthday  
in July!



BIRTHDAYS

## Commander's Corner



At my first CC Call, I laid out my top three leadership focus areas – Mission, People, and Balance. I could do an entire documentary on these topics, but it would be too overwhelming for anybody to read. So I'll keep it short, and hopefully my philosophy will be clear without having to go into minute details:

**Mission** – Our Mission is *developing technically proficient, disciplined expeditionary warriors through integrated training operations*. It is the reason for this unit's existence. Whatever the reason our students have ended up here at our unit, our responsibility is to provide them with the best possible training. We owe it to them, for joining and continuing to serve the Air Force; we owe it to their gaining units to provide them with Airmen equipped with the appropriate technical skills and military decorum; and we owe it to ourselves to perform our mission with pride.

**People** – We are all each other's Wingman and need to take care of each other – physically, mentally, emotionally, and professionally. Without us, the Mission fails, completely. Safety needs to be paramount in every aspect of our lives. Aside from the obvious personal impacts, mishaps and accidents that lead to injury place additional strain on family, friends, and coworkers. Additionally, we are all entitled to, and responsible for, promoting a professional and courteous work environment, free of harassment and discrimination. As members of the Air Force, civilian or military, we must strive to present a positive and professional image – anything less is unacceptable.

**Balance** – Critical to the unit's health and well-being is the morale of each member, and each member needs to discover an appropriate Balance between professional and personal activities. Yes, the Mission needs to be accomplished, but at the same time, each of us needs to find that Balance that works for you and your supervisor. Take your leave and use it – that's what it is there for.

Can we make exceptions to these focus areas? Of course. Common sense needs to be a significant factor in our entire decision making process. These are only guiding principles as we perform our Mission.

I look forward to an exciting and positive tour here as the Magnificent 7 Commander.

**-Maj Pleiman**

## Recurring Briefings

### TDY In-Brief:

1<sup>st</sup> and 3<sup>rd</sup> Thursday  
1630, Det Auditorium

### Open Ranks:

Every Friday  
0700 Specker P-Lot

### CC Call:

Last day of each month  
0630, Det Auditorium

### NCOD Brief:

Every Thursday  
1600, MTL Office



## Chief's Brief

What is a great way to show recognition to individuals who exceed the standards and are continually setting the bar for others to achieve? Submit them for an award. Detachment 7 has an outstanding awards program and has consistently done exceptionally well at both the Squadron level as well as at Fort Leonard Wood. As supervisors of tomorrows' leaders we all need to take the time to ensure that the individuals most deserving are recognized for their accomplishments. There are several awards categories that are open to individuals and as many of you know there are various specialty awards that come up every month as well. With all the outstanding work being done within the Detachment we should always be able to submit someone for them. Be pro-active and talk to your supervisor about possibly being submitted for an award and write a first rough draft. The hardest package to write is one on yourself, but if you learn the basics and take the time of writing awards packages early on in your career it will only benefit yourself and your subordinates later. Some may have the impression that awards are not that important at this point in their career or they feel they are "just doing their job," however; as you progress through the ranks and strive for that next stripe they become more important. By showing consistency in being recognized throughout ones career could potentially have a significant impact on promotion when testing for SMSgt and CMSgt. Again, take the time to recognize your truly outstanding individuals for their job performance and accomplishments—they deserve it!

**-MSgt Smith**

## Detachment Events

**Ed Lee and Bob Kerr Visit:**  
18-20 Jul



## Safety Spotlight:

Regular maintenance such as tune-ups, oil changes, battery checks, tire rotations, and so forth go a long way toward preventing breakdowns before they happen. If your vehicle has been serviced according to the manufacturer's recommendations, it should be in good shape and nearly ready to travel. If not — or you don't know the service history of the vehicle you plan to drive — schedule a preventive maintenance check-up with your mechanic now. Providing your vehicle is well maintained, getting it ready for a road trip is relatively quick and easy. However, it's important to perform the following basic safety checks before you go:

### Vehicle Safety Checklist

**Tires** — Air pressure, tread wear, spare: Check the air pressure in all your tires, especially the neglected spare. To get an accurate reading, check pressure when tires are cold, meaning they haven't been driven on for at least three hours. It's a good idea to keep a tire pressure gauge on hand in your vehicle for this purpose. You can find the correct pressure for your tires listed on a label inside the driver's doorframe or in the vehicle's owner's manual — the correct pressure is not the number listed on the tire itself. Also, take five minutes to inspect your tires for



signs of excessive or irregular wear. If the tread is worn down to 1/16 of an inch, it's time to replace your tires. If you find irregular tread wear patterns, it means your tires need rotation and/or your wheels need to be realigned before you leave. For more information on tire safety and pressure, visit the "Tires" section of [www.safercar.gov](http://www.safercar.gov), a vehicle safety resource of the National Highway Traffic Safety Administration (NHTSA).

**Belts and Hoses** — Condition and fittings: Look under the hood and inspect all belts and hoses to make sure they are in good shape with no signs of blisters, cracks, or cuts in the rubber. High summer temperatures accelerate the rate at which rubber belts and hoses degrade, so it's best to replace them now if they show signs of obvious wear. While you're at it, check all hose connections to make sure they're secure.

**Wiper Blades** — Wear and tear on both sides: After the heavy duty imposed by winter storms and spring rains, it's likely that your windshield wipers are ragged from use and ready to be replaced. Moreover, like rubber belts and hoses, wiper blades are susceptible to the summer heat. Examine your blades for signs of wear and tear. If they aren't in tip-top condition, invest in new ones before you go.

**Cooling System** — Servicing and coolant level: Carefully check your coolant level to make sure it's adequate. In addition, if it's time to have your cooling system flushed and refilled (or even nearly time), have it done now. On a long road trip in summer heat, you'll want your cooling system functioning at peak performance to avoid the possibility of your engine overheating.

**Fluid Levels** — Oil, brake, transmission, power steering, coolant, and windshield: Obviously, you'll want to check your vehicle's oil level. And as with coolant, if it's time or even nearly time to have the oil changed, now would be a good time to do it. In addition, check the following fluid levels: brake, automatic transmission, power steering, windshield washer, and coolant. Make sure each reservoir is full and if you see any sign of fluid leakage, take your vehicle in to be serviced.

**Lights** — Headlights, brake lights, turn signals, emergency flashers, interior lights, and trailer lights: See and be seen! Ensure all the lights on your vehicle are in working order. Check your headlights, brake lights, turn signals, emergency flashers and interior lights. Towing a trailer? Be sure to check your trailer lights too. Failure of trailer light connections is a common problem and a serious safety hazard.

**Air Conditioning** — Sensitive to heat? Check AC performance before traveling. If you're traveling with someone sensitive to heat, you may also want to ensure that your air conditioning system is functioning properly. Lack of air conditioning on a hot summer day can adversely affect people who are in poor health or are sensitive to heat, such as children and seniors. If the air is not blowing cold, it's a good idea to have the system repaired before you go, especially since emergency, on-the-road repairs can be more costly than those you plan in advance.

List provided by NHTSA

## Booster Club News

### Six Flags Fundraiser:

We need more  
volunteers to work  
on August 5th.  
Let's make more  
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Come share  
your ideas at the  
next meeting!



## This Month in AF History



**July 1, 1949.** The Air Force becomes the first service to announce an end to racial segregation in its ranks.

**July 29, 1953.** Two days after the armistice ending the Korean War, the Air Force announces that the Far East Air Force shot down 839 MiG-15 jet fighters, probably destroyed 154 more, and damaged 919 others during the 37 months of war. United Nations air forces lost 110 aircraft in air-to-air combat, 677 to enemy ground fire, and 213 airplanes to "other causes."

**July 11, 1955.** The first class (306 cadets) is sworn in at the Air Force Academy's temporary location at Lowry AFB, Colo.

**July 15-24, 1975.** U.S. astronauts Brig. Gen. Thomas P. Stafford, U.S. Air Force; Vance D. Brand and Donald K. Slayton rendezvous, dock and shake hands with Soviet cosmonauts Alexei Leonov and Valeri Kubasov in orbit during the Apollo-Soyuz Test Project.

**July 28, 1976.** Capt. Robert C. Helt (USAF) flying a Lockheed SR-71A "Blackbird" reconnaissance aircraft at Beale AFB, Calif, set a world record for altitude in horizontal flight (85,068.997 feet).

**July 28, 1976.** Capt. Eldon W. Joersz, (USAF) flying a Lockheed SR-71A "Blackbird" reconnaissance aircraft at Beale AFB, Calif, set a world record for speed over a straight course (2193.16 mph).

**July 28, 1976.** Maj. Adolphus H. Bledsoe, (USAF) flying a Lockheed SR-71A "Blackbird" reconnaissance aircraft at Beale AFB, Calif., set a world record for speed over a closed circuit (2,092.294 mph).

**July 6, 1989.** Nation's highest civilian award, the Presidential Medal of Freedom is presented to Air Force Gen. James H. Doolittle in White House ceremonies.

**July 1, 1992.** Gen. Ronald W. Yates became the first commander of Air Force Materiel Command which was also established on this day.

**July 1, 1993.** Gen. Henry Viccellio, Jr. became the first commander of the Air Education and Training command.

## Exercise Tips

**Make it fun!** Find an activity that you like, and do that. Or, take a class. As long as you're active, it's good for you.



**Find a buddy.** With someone counting on you, you are less likely to miss your work out.

## Make it a family affair.

Take a walk with the kids, play hopscotch or tag. Your kids will love it and you'll be surprised how much of a workout you can get playing.



## Fit to Fight



Runner's World Magazine writers Jim and Phil Wharton suggest that strength training for your legs is one secret to running success. They say, "Devote some of your precious training time to lower-body strength training. All the pavement pounding isn't building the muscles in balance "You're asking for trouble when you overtax weaker muscles." Here are some exercises you can do:

**Knee Extensors:** Sit on a chair with a rolled-up towel under the knee of the exercising leg. Angle the toes in slightly and extend the leg straight out. Lock the knee and hold for a three-count; this exercises the medial head of the vastus medialis, the knee's shock absorber. Slowly lower the leg.

**Hip Flexors:** Lie on the floor, with the exercising leg straight out, and the nonexercising leg bent with your foot on the floor. Lift the exercising leg from the hip, ending at a 90-degree angle with the heel pointing toward the ceiling. Slowly lower. Repeat with foot angled to the outside, then to the inside.

**Hamstring Curl:** Lie facedown on a flat surface and, bending at the knee, bring the exercising foot up toward your buttocks; slowly lower the leg. Turn the foot toward the outside and repeat; then turn the foot toward the inside and repeat.

**Hip Extensors:** Lie facedown over a table or bed, pelvis at the edge, feet on the floor. Relax your nonexercising leg to a 90-degree angle at the knee; it should stabilize you but not support you. Keep the exercising leg straight and turn it in at the hip. Lift the leg up to the point where it is parallel with your back. Slowly lower.

**Hip Abductors:** Lie on your side on the floor, the exercising leg on top. Bend the nonexercising leg 90 degrees at the hip and knee. Rotate the foot of the exercising leg down (inward) to isolate the outside hip muscle. Keep the leg straight (it will feel like it's behind you) and raise it as high as possible. Slowly lower.

**Hip Adductors:** Lie on your side on the floor, the exercising leg on bottom. Place your upper (nonexercising) leg on a chair or table at a height of about 20 inches off the floor. (Your leg should be at about a 45-degree angle to the floor.) Slowly bring your exercising leg up to meet the other leg. Slowly lower.

## Quotes of the Month

"Whoever is careless with the truth in small matters cannot be trusted with important matters."  
~Albert Einstein

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."  
~Thomas Jefferson

"I suppose that leadership at one time meant muscle; but today it means getting along with people."  
~Indira Ghandi

## Bits 'N Pieces



### Graduations/Course News

**Engineering:** Graduations on 12 and 26 July.

**P&E:** Graduations on 12 and 26 July.

**Readiness:** Graduations on 13 and 28 July.

**SFS:** No Information Provided....

**Vehicle Ops:** Graduations on 12, 20 and 28 July. SSgt Donald Thompson won Post NCO of the Quarter. Vehicle Ops is saying good bye to TSgt Chad Surkamer as he departs to become an MTI at Lackland. We would like to welcome TSgt Eller from Andrews AFB, TSgt Verscha from Whiteman AFB, and SSgt Watson from Cannon AFB. TSgt Blachowski made MSgt and SSgt Thompson made TSgt. SSgt Bruce is currently deployed and doing fine. Says Hi to everyone.



### Sports

Softball is in full swing! Come out and hit a few on Wednesday nights. All are welcome including dependants older than 17. We beat Navy on the 5th with a 21-5 win!